

Smoothies

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

1 Banana, small, ripe

1 cup Frozen fruit (strawberries, blueberries, ect)

8 ounces Yogurt, low-fat, vanilla or fruited

3/4 cup milk, low-fat (1% or less)

Directions

1. Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.
2. Measure the frozen fruit and milk needed.
3. Put the measured fruit, yogurt and milk into the blender with the bananas.
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and enjoy!

Notes

Serving Size: 4 oz